

## Artemis Class Schedule Monday, December 3, 2018 to Sunday, March 24, 2019

	Classes	Instructors	Room	Level
<b>MONDAY</b>				
5:30-6:30AM	*No-Heat Hot Yoga	Viraj	Ballroom	All Levels
9:30-10:30AM	Alignment Flow	Tammy	Ballroom	All Levels
3:00-4:00PM	Chair Yoga	Rhonda	Ballroom	All Levels
4:30-5:30PM	Yogalates	Rhonda	Sunroom	All Levels
5:45-6:30PM	POUND	Kathy	Ballroom	All Levels
6:00-7:00PM	Gentle Yoga	Tammy	Sunroom	All Levels
7:30-8:30PM	Restorative Yoga	Tammy	Ballroom	All Levels
<b>TUESDAY</b>				
9:30-10:30AM	AG Fundamentals	Donna	Ballroom	All Levels
5:30-6:30PM	AG Suspension	Donna	Ballroom	Level 2
6:00-7:00PM	Alignment Flow	Tammy	Sunroom	All Levels
7:00-8:00PM	Free Flying Aerial	Cory	Ballroom	All Levels
7:30-8:30PM	Vinyasa Flow	Jordan	Sunroom	All Levels
<b>WEDNESDAY</b>				
5:30-6:30AM	*No-Heat Hot Yoga	Viraj	Ballroom	All Levels
9:30-10:30AM	Vinyasa Flow	Jordan	Ballroom	All Levels
5:30-6:30PM	Namastate of Mind	Abbie	Sunroom	All Levels
5:45-6:30PM	POUND	Erica	Ballroom	All Levels
7:00-8:00PM	AG Fundamentals	Abbie	Ballroom	All Levels
7:00-8:00PM	Vinyasa Flow	Jordan	Sunroom	All Levels
<b>THURSDAY</b>				
5:30-6:30PM	Power Yoga	Donna	Ballroom	All Levels
6:00-7:00PM	**PWYC Gentle Yoga	Barb	Sunroom	All Levels <i>starts 1/10</i>
7:15-8:15PM	***AG Restorative	Donna	Ballroom	All Levels
<b>FRIDAY</b>				
9:00-10:00AM	Free Flying Aerial	Tara	Ballroom	All Levels
<b>SATURDAY</b>				
7:30-8:30AM	AG Suspension	Donna	Ballroom	All Levels
8:00-9:00AM	Alignment Flow	Tammy	Sunroom	All Levels
<b>SUNDAY</b>				
8:00-9:00AM	*No-Heat Hot Yoga	Viraj	Sunroom	All Levels
8:15-9:15AM	Aerial	Maggie	Ballroom	Level 2 <i>starts 1/13</i>
9:30-10:30AM	Aerial	Maggie	Ballroom	All Levels <i>starts 1/13</i>
10:00-11:00AM	Yoga for Athletes	Tammy	Sunroom	All Levels

Please visit our website for class descriptions, pricing, and to sign-up!  
[artemistheartofliving.com](http://artemistheartofliving.com)

AG= AntiGravity (use of the hammocks/silks)

\*No-Heat Hot Yoga= Bikram style yoga

\*\*PWYC=pay what you can (donation based)

\*\*\*AG Restorative= low hammock (hammocks lowered to the floor for support rather than suspension)